

MEDIA RELEASE
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**THE MOST SPECTACULAR HIKING TRAILS IN
SELANGOR**

Explore Selangor's Hidden Nature

"The journey of a thousand miles begins with a single step". Being out in the nature is very relaxing and fun at the same time. Sometimes we need to escape from the city to find peace for our mind and soul. The hiking sensation from the starting point to the peak is really worth it. So here is the Top 5 best hiking spots located in Selangor.

1) Gasing hill

Gasing Hill is located at Jalan Gasing, Petaling Jaya. This hill is very unique because it is being surrounded by heavily-populated areas. Gasing Hill is one of the few "green lungs" of Petaling Jaya that is hugely popular among hiking enthusiasts. There are multiple hiking trails that hikers with different level of energy or fitness can choose from. Every trail will lead to a suspension bridge, watchtower, and Hindu temple. The highest point at Gasing Hill is about 160 meters. For those who come on the weekend, Gasing Hill can get a little crowded. There is no fee and permit needed to hike up the Gasing Hill.

2) Broga hill

Broga Hill is one of the best hills to catch the glorious sunrise and sunset view from the peak. It is about the only hill in Peninsular Malaysia which is covered in *alang* grass instead of trees so the views from the top are excellent. It is a good

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place not too far from the city centre to *break a sweat*, take in some fresh air, and enjoy natural environment. The trail is pretty easy for beginners to the hiking activity. There is a stall that sells coconut water to refresh yourself before continuing your journey to the top of the hill. The entrance fee is RM 1 per person and there is no fee for parking spots.

3) Forest Research Institut Malaysia (FRIM)

Forest Research Institute Malaysia (FRIM) is one of the oldest and largest re-created tropical rain forests and a leading institution in tropical forestry research in the world. FRIM offers a back-to-nature experience and the remains of an old *Orang Asli* settlement. FRIM is also the place to learn about nature and a great place to go hiking with family and friends on weekends. A tour guide will take you around FRIM, including the *must-visit* Canopy Walkway. However, you have to purchase the ticket for the Canopy Walkway from the souvenir counter which is located in the same building as the information counter. Ticket price for adult is RM 5 and for children is RM 1. It is open every day except Mondays and Fridays from 9.30 am until 2.30 pm.

4) Saga hill

Saga hill is located in Ampang/Cheras district of Kuala Lumpur, Selangor. This hill is recommended for beginners. There are 3 trails; A, B, and C. Currently trail B is closed to public due to construction but trail A and C are open to public. The trail is well maintained and has ropes to guide you. For more adventure, you can hike to Saga Hill waterfall which is one of the prettiest waterfalls in Selangor. There is an open space at the top of Saga Hill with a big noticeboard, rest huts, hammocks and a makeshift cooking area. It is a perfect place to seek calmness and for a relaxing time with family and friends.

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5) Bukit Kutu

Bukit Kutu also known as Treacher's Hill, was once a colonial hill station where remnants of buildings still exist and offers a panoramic view of clouds, valleys and Titiwangsa mountain range at the summit. You have to pass by *Kampung Orang Asli* at Kampung Pertak to go to Bukit Kutu. It takes approximately 3-4 hours to hike up to the peak of Bukit Kutu. It is a popular picnic spot, although few people are up for this. But you need a permit before you start hiking Bukit Kutu. There is an office at the foothill entrance to apply for a permit which costs RM 5 per person.

In Selangor hiking activity has become one of the trendiest activities to carry out. While hiking, you may enjoy spectacular panoramic views along the way to the peak. Selangor is one of the States that emphasises on eco-tourism segmentation. We should all preserve the beauty of nature by not littering. Natural beauty is a legacy and a right for the future generation. Conserving the nature, as well as our natural resources for their benefit is our responsibility today.

*For more information, please log on to the official website of Tourism Selangor at **Selangor.Travel**.*

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About Tourism Selangor

Tourism Selangor is a state government tourism arm established to increase the number of local and international tourists to Selangor by enhancing and developing the known as well as the undiscovered beauty of the State. Many initiatives are taken to achieve this such as organizing local and international campaigns, events, overseas tourism trade missions, local roadshows and many more.

Find us on :



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TourismSelangor



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Attachments

Gasing hill



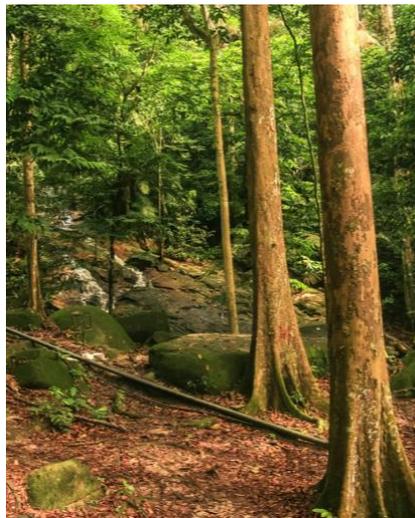
Taken by fahmid5s

Broga hill



Taken by says

FRIM



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Saga hill



Taken by tounguechic

Bukit Kutu



Taken by Aliff ja

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